

ABSTRACT

A sports swing training apparatus, for use with a sports implement, is lightweight, portable, and easily manufactured. A first embodiment of the training apparatus includes a main body member having a core portion with a central opening formed therein, for placement surrounding a sports implement, which may be a golf club. The apparatus also includes a plurality of wings extending outwardly from a central core portion thereof when the body is inflated. In use, the wings provide wind resistance to assist a user in improving his or her swing. In another embodiment, the training apparatus is a unitary member formed from closed-cell plastic foam.

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